

OTTERBEN
UNIVERSITY

SPECIAL
POINTS OF
INTEREST:

Don't miss the highlights
of Homecoming 2013. A
good time was had by all.
Photos inside this
edition.



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HSS Departmental Developments Newsletter

Department of Health and Sport Sciences
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Find us on the web at:

[http://www.otterbein.edu/public/Academics/
Departments/HealthandSportSciences.aspx](http://www.otterbein.edu/public/Academics/Departments/HealthandSportSciences.aspx)

FALL 2013

HSS-The Model Department

WHAT MAKES US A MODEL DEPARTMENT?

- Retention rate 3.6 % higher than University average
- Superior student satisfaction (based on alumni surveys)
- Commitment to have students complete 3/5 Cards
- Student club involvement for all majors (OCATS, Sport Management, Health Professionals Clubs)
- Demonstrated commitment to service (Community, Department, University & Professional)
- Demonstrated commitment to undergraduate research and funding research opportunities for majors
- Health and Wellness Living Learning Community option for freshmen
- Faculty/Staff OtterFit Program
- Potential to graduate with "key" certifications in respective majors
- Numerous networking opportunities
- Required internships or clinical experiences in each major
- Faculty who teach in FYS, SYE and Dyad courses
- Nationally accredited in 5 /6 majors:
 - American Association for Health Education (AAHE)
 - Commission on Accreditation of Athletic Training Education (CAATE)
 - National Association for Sport and Physical Education (NASPE)
 - National Strength and Conditioning Education Recognition Program
 - North American Society for Sport Management (NASSM)
 - Ohio Association for Health, Physical Education , Recreation and Dance (OAHPERD)
- 3/8 Faculty have won Best Teacher Awards.
- Alumni Engagement



The Health Professions Club is open to all HSS majors. If you have never been to a meeting you are welcome to start attending at any time.

Health Professions Club By Calli Studebaker



Health Professions Club

An end to another busy and fun-filled semester is quickly approaching. The Health Professions Club has been extremely active this semester with fundraising, hosting workshops and presenting at a state conference. The goals for the board of the Health Professions club this semester was to raise money for our club, provide students with opportunities for professional development and host an end of semester social.

As you may have already noticed we decided to change the name of our club. We are previously known as the Health and Fitness Club and have changed to the Health Professions club. The board felt this name more accurately represented our purpose and that is to aid students in professional development and provide opportunities for professional networking and social interaction.

At the beginning of the semester we hosted a workshop about internships presented by Ashley Strausser from the Center for Career and Professional Development. She provided an informative presentation about why internships are important, how to find one, how to register and receive course credit, and offered many different helpful resources for students seeking internships. If you are looking for help with finding an internship, need help with your resume, cover letter or interview the Center for Career and Professional Development is a great resource for students.

The Health Professions Club is also leading the Smoke-Free Campus Initiative with the help of Dr. Braun. We are still in the process of making this a policy for Otterbein and organizing a cessation program for those wanting to quit. We are also looking to switch to a tobacco-free policy because it would be more inclusive and many colleges and universities in Ohio are choosing to go tobacco-free over smoke-free. Megan Dominik, Dr. Braun and I were able to present our research of this initiative at the Health Educators Institute Conference at Salt Fork State Park this semester. We are also presenting at the American Public Health Association Conference held in Boston, MA.

We have been doing various fundraising this semester as well. One of our fundraising events is coming up on November 20th at Buffalo Wild Wings on Polaris Parkway. Bring your friends, enjoy some great food and support your departments club! I hope everyone has a great rest of the semester and a wonderful break!

Homecoming 2013

Great turnout for Homecoming despite the rain-we had lots of fun with our current students, alumni and community partners. Thanks everyone for representing our department in the parade and for our alumni who came back to visit!

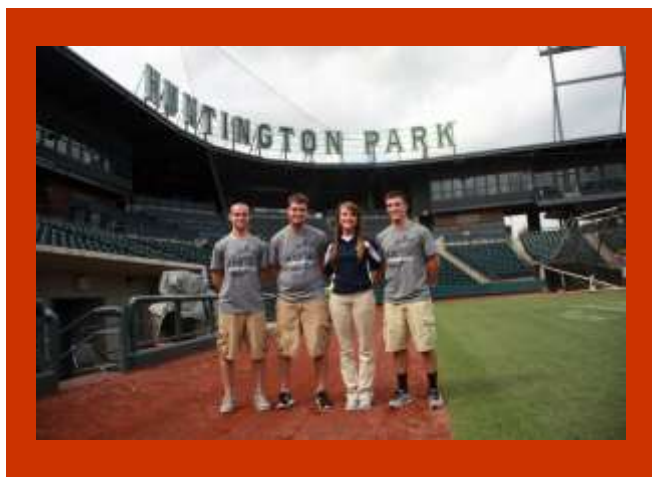


The Sport Management students in Dr. Walters SMGT 1800 Introduction to Sport Management class have been busy this term planning some special events for local schools. Blendon Middle School will be the site of *The Bulldog Bash* on November 8th. Our students have planned and will host the event. On November 16, students will lead the *Hanby Carnival* at Hanby Elementary school. These events are a great hands-on learning opportunity for our students and an excellent way to create community partnerships.

Students in the Sport Management Club will attend a special event with the Columbus Blue Jackets. Prior to the game on November 6 they will meet with business professionals from the Blue Jackets sales, management, and operations staff to learn about all aspects of a sports team. They will have an opportunity to tour the facility and this will also give them a chance to do some networking. Afterwards they will get to stay and enjoy a Blue Jackets game.

The SMGT 3935 Facility Management class recently completed a facility audit on the Rike Center. Students were instructed on how to do a critical evaluation of a sporting facility and to look at the maintenance and upkeep issues as well as aesthetics and marketing concerns.

This fall we welcome OSU graduate student Mickey Fraina. Mickey is teaching a Sport Management course.



Sport Management majors: Jake Roszman, Chelsea Gilman, Nate Lawrence, and Tanner Graham

Interns for Huntington Park and the Columbus Clippers summer 2013.

Follow Us On Twitter

Follow us on Twitter-<https://twitter.com/HSSOtterbein>

Welcome New Faculty

HSS would like to welcome Jess Buschmann , RD, LD and Kim Tackett, M.Ed., and Mickey Fraina, M.S. to our department. Jess and Kim will be teaching the nutrition classes in the major and Mickey is teaching in the Sport Management area.



Fitness & Wellness Living Learning Community

Dr. Braun, co-advisor (along with Dr. Joan Rocks) for the Fitness and Wellness Living Learning Community and students from that community went to Camp Mary Orton for a team building activity on the high ropes course. You can get more information on the Living Learning Communities at Otterbein at:http://www.otterbein.edu/public/Academics/SchoolsUniversityPrograms/UniversityPrograms/First_Year_Experience/livinglearning.aspx



Athletic Training by Rachel Puthoff

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The Otterbein Club of Athletic Training Students (OCATS) is an organization for Athletic Training students to enhance the development of becoming health care professionals. This organization is involved in many events both on and off campus to allow students to network with other professionals, gain experience in the field, present at symposiums, attend meetings, and make memories along the way! OCATS members have been busy once again this fall keeping up with clinical rotations, the daily class load, volunteer opportunities, and starting new events and opportunities.

One of OCATS major volunteer event for each year is the Columbus Marathon. There are thousands of runners that come to compete at this marathon not only from all over the country but from all over the world. At this event, the athletic training students put their skills from the classroom to work as they help with any acute medical care needed for the runners during and after the race. Otterbein's team physician, Dr. Bright, is the head of the medical team for the marathon so it is great giving back to him after he puts in all the time and effort towards our athletes. Not to mention, it is always awesome to see that there were more Otterbein volunteers than Capital this year! Way to go OCATS! This year OCATS is trying to add a new volunteer service by helping feed families who are food insecure. OCATS is currently working with Bon Appetite to see if once a week we can take left over campus center food to an organization that brings food to families in need. This would be another great opportunity for Otterbein to give back to this wonderful community.

OCATS has also been involved with monthly meetings whether it is an OCATS meeting or a Greater Columbus Athletic Training Society (GCATS) meeting. At these meetings, individuals present various topics or case studies to both professionals and students. By hosting our meetings and offering the GCATS meetings, it shows students the importance of continuing education to maintain licensure, but there is also many useful skills and techniques to learn and apply to one's practice. On top of all this, it is never too early to start networking and at these meetings it allows for this process to take place.

Lastly, OCATS wants to thank everyone who came out and supported us for our fundraiser at Grater's at the end of September. This was OCATS first fundraiser and it was a huge success due to the support from the community! This allows us continue to provide all these events and opportunities to our students. So, thanks again for your support!

With only a couple more weeks left of the semester, on behalf of OCATS, I would like to wish you all good luck on your finals and have a safe and relaxing break!



Assistant Athletic Trainer
Justin Tatman conducts a
team building activity in one of
his classes.

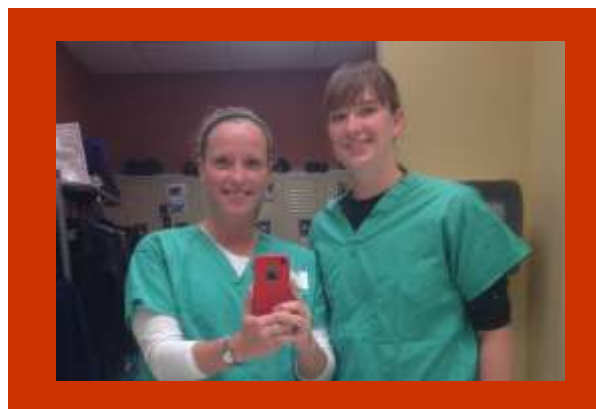


6 Factors in motivating and promoting the healthy lifestyle to others: *My Perspective by Stephanie Murphy*

When someone enters the field of health promotion, it can be assumed that they are attracted to helping others with making healthy lifestyle choices. With experience, one would soon find that not all clients or potential clients contain the motivation they need to take actions toward developing their healthy lifestyle. This makes helping others a more difficult on the professional, and perhaps the client lacks the proper goals and aspirations to reach towards. The reality is, the health promotion professional must study more than the textbooks. In order to achieve success in their career, they must also study factors of motivation in order to create their practice of helping others.

1. **Communicate freely.** People naturally go through different phases of life, depending on a large number of variables. It is important to gain a sense of what type of phase a person may be going through according to their health, and identify the contributing factors.
2. **Always answer “Why?”** Goals lose validity without a solid purpose behind them. Whether a person creates a goal to lose ten pounds, or their trainer creates a goal of completing ten reps for them, it is necessary to explain the specific benefits that are directly related to accomplishing the goal.
3. **Be affirmative and invite the use of affirmations.** Sharing thoughts and words can be quite powerful. When a health promotion professional shares with a client that they believe in them, and that they know they can reach their goals, it affirms that the client is being help accountable to someone. When a client uses affirmations, it follows a “fake it ‘till you make it” idea, where telling yourself you are becoming healthier, more fit, etc. turns to reality!
4. **Appreciate diversity and avoid stereotypes.** Everyone is different, and everyone follows his or her own path. Letting go of judgments, preconceived notions, etc. allows for everyone to have their opportunity and freedom to go through the journey that ends up being the best for them.
5. **Be a positive role model.** There is a fine line between a professional motivating others through their actions, and flaunting their own accomplishments. Serving as a positive role model means practicing what you preach, which showcases the results of following a health lifestyle. Flaunting accomplishments is not generally considered to be a motivating factor, because again, everyone follows his or her own path.
6. **Make exercise and other healthy behaviors fun!** Health is not a punishment; it is an entitlement! Everyone is entitled to live a bountiful life, including a discovering a health regime that is enjoyable and fun!

Senior Athletic Training students are required to attend surgery as a part of their ATHT 4700 Rehab Techniques class. Sam Kelley and Ally Smith recently had the opportunity to observe shoulder surgery. These direct observations enable our students to fully understand the surgical procedures that they learn about in class and tie them into real world situations.





HPF major Brandon Strausser was able to attend the Poliquin Strength and Wellness Conference in Boston recently. Here he is pictured with Jud Logan, former 4 time Olympian who was trained under Charles Poliquin, and Adriane Wilson, a shot putter coached under Jud Logan at Ashland University, competitor for the Olympic Games, and a competitor in the Highland Games. Opportunities like these are great for our students and also serve to enhance resumes.

Congratulations

Congratulations to our very own Certified Athletic Trainer Joe Wilkins for being named the Center for Career and Professional Development's - Internship Supervisor of the Year! Joe was recognized yesterday at CCPD's Peer to Peer Internship event. Great job, Joe! ...



....Also to Brianna Burke and Megan Presson for being the first students to finished their Master's of Allied Health in the new program!

Sarah Laux, Callie Studebaker and Megan Dominick represented the Health and Fitness Club at the First Friday event in front of the campus center yesterday. The event had a great turnout and everyone was having a good time.



New Allied Health Graduate Program

By Dr. Paul Longenecker

In Fall 2013, the Department of Health and Sport Sciences (HSS) kicked off its first graduate level degree program offering a Master of Science in Allied Health (MSAH). The focus of the degree is to help allied health professionals build on their undergraduate degree and enhance their ability to think critically, collect and analyze data, and utilize relevant information technologies. The MSAH degree has three distinct study tracks that can be taken: Post-professional Athletic Training, Health and Wellness and Allied Health Care Administration. As identified by Dr. Joan Rocks, HHS Chair and MSAH Director, “In developing the degree we targeted specific needs that had been identified by allied health professionals. In creating the three tracks, we addressed professional skill sets not currently being met by other higher education institutions”.

In the MSAH degree program, students can complete the graduate requirements in a one to two year period with the first two MSAH graduates completing their course work in August 2013. Depending on the track, course completion requirements involve taking 10-12 classes including a two semester thesis or advanced practicum.

A key component of the MSAH program’s first year of existence has involved hiring additional faculty to help address targeted program needs, refining core courses and developing relationships with community health providers to maximize the educational experience.

For alumni to learn more about the MSAH program, contact the Office of Graduate Studies at 614-823-3210 or visit the program website at www.otterbein.edu/MSAH. We look forward to seeing Otterbein alumni in the program.



This fall, Aaron McPherson resumed his role as the Rec Sports Supervisor overseeing the leagues supervising the Rec Sports Workers. Rec Sports Workers this semester are: Kyle Belback, Tyler Rose, Mariah Reitz, and Derick Byrd. We also have a couple of students who volunteer their time and serve as officials and scorekeepers. Offered for the first half of fall 2013 semester before fall break, the volleyball league saw 8 teams compete with a total of 54 players. That count is up two teams from last year's league. Indoor soccer was offered for the first time since the Fitness and Recreation Coordinator came on board and has been very successful with 11 teams and a total of 77 players participating. The league will finish up on November 20, 2013 with the championship games.

Group fitness classes resumed this fall with nine classes per week consisting of the following formats: Pilates, Yoga, Zumba, Total Body Sculpt, Core Conditioning, Power Yoga, and Muscle Madness. Five work study students, including Stephanie Murphy and Natasha Natraj who are both HPF majors, are the instructors. At the end of week eight this semester, 530 participants had attended. The classes are offered free of charge to all Otterbein faculty, staff, administrators, and students.



Rec Sports Workers

Fall 2013 Volleyball League —
with Kyle Belback, Aaron McPherson and Tyler
Rose at Clements Recreation Center.

Ask Me??

The annual Ask Me event sponsored by the Retention Committee will be held on November 20th from 11:30—1:30 pm in the lobby of the Clements Center. Otterbein wants your questions and opinions on a variety of topics— you choose the topic on which you want to ask a question or comment. Comments can be confidential or you can enter and give us your contact info with your question to win a prize. Either way this is how you can voice your opinion and invoke change so mark your calendar for November 11th and stop by to see us.

